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Midway Ceremony



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Hampton Roads Provides Summer Activities

Story by MCSA Nina Hughes

Warm weather is here, and Hampton Roads outdoor summer activities are now available for Sailors to engage in during their off-time.

These activities provide personnel the opportunity to participate in constructive outings or indoor experiences when Sailors are not at work. Those activities can include going to museums, theme parks, beaches, zoos, a ball game, horse riding and many other activities.

Although many of these events may be family-oriented, single and junior Sailors also have many activities that are planned, available, and offered to them in the local area. All Sailors have to do is find out what's going on to have fun, and the ship offers help with this by providing MWR flyers available at the entrances of the FAF and on the back of the ship's newspaper.

Seaman Brandon Terry, from deck department, said that outside of work he spends his leisure time by playing golf, playing video games, and rocking out as lead vocalist in his band "Ashes of our Hero's."

Terry, 20, occupies his time with these hobbies to prevent the temptation of under-age drinking.

"It's not worth the trouble to drink when it's too risky, plus dangerous," said Terry. "I'll wait until I turn 21, and then consume alcohol in moderation."

USS Carl Vinson's Moral, Welfare, and Recreation (MWR) division plans events for junior Sailors such as 'adventure into the unknown', which is a day/evening surprise activity for crewmembers to enjoy. Sailors simply just show up at Huntington Hall, get on a bus, and have



Photo Courtesy of Navy Newsstand

Sailors from various commands enjoy a trail ride with their loved ones at Morale, Welfare, and Recreation's (MWR) Oceana Stables. Each weekend, MWR Oceana Stables offers trail rides for military personnel and their families.

no idea where they are going or what they'll be doing until they reach their destination.

MWR also plans movie nights, as well as informing Sailors where local events are held, such as concerts and competitions.

Erin Saluta, USS Carl Vinson's fun boss, said "Virginia has a lot to offer, and MWR encourages personnel to participate in these local events. We want Sailors to enjoy their time in Virginia, and MWR is an easy access way for this to happen."

Saluta also points out how MWR has the potential to keep under-age Sailors away from the temptation of alcohol through engagement in constructive activities, which in turn prevents them from getting into trouble.

As far as plans for the weekends, junior Sailors have the opportunity to go fishing, biking, and camping. Now that summer is here, the Hamp-

ton Roads area offers many beaches for Sailors to get some sun and cool off in the local waters.

Junior Sailors can learn hobbies such as playing pool or bowling tournaments as well. A hobby could be the perfect way for Sailors to relieve stress, and engage in constructive activities during their off time.

Night life for underage Sailors is appealing too. Phoenix Movie Theater is available for Sailors to enjoy. The theater is located next to the Navy Exchange by Naval Station Norfolk. Other evening activities include miniature golf, arcades, restaurants, and college night clubs, which all can be found throughout the Hampton Roads area.

For more information on how you can get more involved in Hampton Roads activities, see the flyer on the back of this issue of the Carl Vinson Gazette, or contact the MWR office.



Managing Credit: A How-To Guide for Sailors

Story by MC2 Maja A. Dyson

Warm weather, new vacations, and outdoor activities are just some things Sailors get to experience during the summer season that may not be available year-round; but what about the debt that can follow these new, yet expensive endeavors?

Naval Station Norfolk's Fleet and Family Support Center (FFSC) in Norfolk, Va., offers a credit management class designed to provide basic information on one's credit, including wise and unwise uses of credit, establishing credit, when and how to borrow money, and what to do if you have too much debt.

"The next credit management classes FFSC is offering will be held July 11, on Naval Station Norfolk and July 17, on Naval Amphibious Base Little Creek in Virginia Beach, Va., from 8:30-10 a.m.," said one of FFSC's Financial Educators, Karen Melvin. "The classes are held monthly at FFSC locations in the Hampton Roads area. All of our financial educators are prepared and ready to even travel to a command and present our financial programs as well."

The class is offered to all Sailors who are interested, and it is offered at no cost to servicemembers.

By the end of the class, a student should be able to list two appropriate and inappropriate uses of credit,



Photo by MC2 Maja A. Dyson

A Sailor uses an automatic teller machine to check account balance in an effort to manage credit.

identify three factors affecting the cost of credit, calculate their debt to income ratio, state three warning signs of too much debt, and identify three sources of help in answering questions about credit and managing personal indebtedness.

But what exactly are the signs to identify one who may be in need of help with indebtedness?

"It's all about sitting back and listening to your people," said Chief Aviation Boatswain's Mate Handling (AW/SW) Clinton Akins, one of USS Carl Vinson's V-3 division and command financial specialists. "If you

hear an E-3 who's married with three kids say he just bought a \$40,000 car, a red flag should go up indicating he may encounter future indebtedness. Knowing your people is 75-percent of being involved, and we do so by ensuring personnel are assigned a mentor."

Aviation Boatswain's Mate Handling (AW/SW) 1st Class James McKissack, also a V-3 division and command financial specialist, agreed with Akins and added, "Once we see there is possible financial hardship, we bring them into the office and try to assist them by doing a budgeting plan. We always let them know there is help out there, and that they can use FFSC, along with the command, as one of their sources."

Sailors are able to also seek help through a one-on-one appointment with a FFSC financial educator, to go over their personal budget and help them create a debt repayment plan.

Melvin said that regardless of whether one is a new Sailor, petty officer, chief or officer, they all share one thing in common: debts.

"Managing your finances well can save everyone money in the long run," Melvin said. "With education, we hope to help Sailors avoid expensive financial mistakes."

For more information on credit and debt management classes, contact FFSC at 444-2102.

CMC's Corner

Greetings Team Carl Vinson,

Welcome back to ABH3 Camarillo and SKSN Wood, who've recently returned from their IA deployments in Iraq! In celebration of our Independence Day, let us take a moment to reflect on the sacrifices of today's warriors; shipmates on the frontlines like YN2 Reid who's been called Sergeant Reid by US Army advisors she serves with in the Philippines; OS2 Keith and OS3 Wake, who perform COMREL at the Al Swaib school while providing C-RAM protection for coalition forces; and ITC Shupe, who volunteers at a Djibouti orphanage while serving with Navy-led nation-building forces in the Horn of Africa. Indeed, let us honor ALL generations of Americans who pledged their lives, fortunes, and sacred honor to preserve our independence throughout our nation's history. We should honor their sacrifices by recommitting ourselves to the very honorable mission of building a new era for our ship, our people, and our legacy as we work with NGNN and SUPSHIP towards bringing USS CARL VINSON back to the fleet for 25 more years.

Last week's Career Counselors' Symposium was very educational. If I could sum up in a few words my major take-away from the symposium, it would be that our Navy leadership is looking not for the "EASY" button, but the "BETTER" button in recruiting, training, and retaining the RIGHT Sailors for the RIGHT Billets at the RIGHT TIME. The Undersecretary of Defense for Personnel and Readiness, Dr Chu, thanked all Sailors for the Navy's contribution towards GWOT. He also shared how the Navy is exceeding Defense department benchmarks in both enlisted recruit quality and For-

eign language proficiency. From his brief, I learned how thousands of Sailors who are tested and proficient in a number of strategic languages could be eligible for up to \$1,000/month in Foreign Language Proficiency Bonus. Dr Chu also enumerated the key issues DOD has tackled for the year; the top 3 on the list of which are military compensation increases, education for servicemembers and their kids, and Career Opportunities for military spouses. The Undersecretary was happy to report that 31 of the states (including Virginia) now support in-state tuition for military and their families, and he attributed much of the improvements to military families' quality of life to a DOD-initiated program that provides a governor's scorecard on the support provided by local and state governments to in-state military residents.

Vice Admiral Harvey, our Chief of Naval Personnel (CNP), tackled issues specific to Sailors and described how the newly-created Task Force Life Work (TFLW) aims to determine and overcome those conditions that make it harder for the RIGHT Sailor to stay in the service. Recognizing the increased demands that would come as a result of the Navy's shift to a leaner, more Sea-Centric force, TFLW will examine initiatives that can enhance Sailors' work/life balance. CNP also explained the "Train-To-Qualify" concept by describing a near-future scenario where Sailors reporting to a Littoral Combat Ship (LCS) will each need to get assigned a "Train-To-Qualify" track from bootcamp to ship's quarterdeck - because there is only enough room aboard the LCS for qualified operators. The third top issue CNP discussed involved general detailed (GEN-

DET) Sailors. He specifically pointed how initiatives to eliminate GENDETs have not delivered desired results, because the significant apprentice-level work required of warships in the Navy's inventory did not go away. Instead, the CNP unveiled PACT (Professional Apprentice Career Track) that will ensure the professional development of each and every apprentice Sailor recruited into the Navy. Lastly, CNP candidly addressed lessons learned from recent rating mergers, and announced the immediate halt of the QM-OS merger, describing the need to maintain our connection with naval heritage (the first-established ratings in the Navy were QM, GM and BM).

Expect additional briefings from deckplate leadership and career counselors who will expound on the items briefly mentioned above.

With the upcoming holiday and command Sports Days scheduled this week, please remember that we are always ambassadors of the Navy and USS Carl Vinson 24 hours a day. At work and equally important, while on off-duty, we must always prepare ourselves and be ready. Apply the same tools, training, processes such as ORM, security and safety we use so effectively during military operations. These programs will be as useful for liberty and off-duty evolutions as they have been at work. After work, on the weekends, when on leave, during athletic/intramural sports, while traveling and during any outdoor activities, ensure that you have a plan and a back-up plan PRIOR to the event.

One Team, One Fight. Keep up the VINSON pride!

V/R

CMDCM (AW/SW) Glenn Mallo



Ship-Shape Program to Be Offered Aboard Carl Vinson



Graphic courtesy of Navy Environmental Health Center

Story by MC2 Maja A. Dyson

While weight control may be difficult for many individuals, the ship/shape program, scheduled to begin July 11, has become another instrument USS Carl Vinson (CVN 70) is using to help Sailors

manage a healthy lifestyle.

The eight-week program, which is free for all crewmembers, is designed to provide personnel with lasting tools to lose excess weight, and then keep it off.

Melissa Burns, USS Carl Vinson's afloat fitness coordinator, said the program is a combination of nutrition, exercise, and mental wellness.

"It's like a support group that's striving for the same goal," said Burns. "This is the first ship/shape class USS Carl Vinson will be having for 2007."

Classes will be one day a week, Wednesdays, and will be held from 2:30-3:30 p.m. Each class will hold up to 20 people.

"While the course is recommended for those in danger of failing their body fat composition, the program is open to anyone who wants to participate," said Burns. "The only requirement is that you don't

miss any classes."

The program provides active-duty personnel with basic information not only on nutrition and exercise, but also on stress management and behavior modification techniques, which are also factors in helping one lower and maintain their acceptable body weight within the Navy standards.

While ship/shape is a program that helps Sailors with weight challenges, many Carl Vinson crewmembers who are well within Navy readiness standards plan to participate with the intent of leading their Sailors by example.

"While I am within standards, I still want to be there for my personnel who will be attending the class to provide them with the support needed, and help them get into shape so they can get to where they need to be," said Storekeeper 1st Class (SW/AW) Vanessa Flowers, the command financial leading petty officer who works in Supply's S-6 division.

For more information on ship/shape, or to sign up for the program, please contact Melissa Burns at 688-8874.

'Gold Eagle' Sailor in the Spotlight

Story by MCSA Candice Villarreal

USS Carl Vinson (CVN 70) crewmember Culinary Specialist 3rd Class (SW) David Pollio joined the Navy to serve his country, and gain the skills and discipline he needed to set the foundation for a successful future.

And he started his Naval career with humble beginnings. Pollio reported to USS Carl Vinson as an E-2, in April 2006.

With just 15 months on board, he has advanced to petty officer 3rd class, and earned his Enlisted Surface Warfare Specialist qualification. He is currently working to achieve his next goal; his air warfare designation.

"Nothing's ever just handed to you," said Pollio. "You have

to work hard for the things you want in life. That's what I'm trying to do."

Pollio enlisted in the Navy under the National Call to Service (NCS) program in December 2005. Under the program, recruits serve on active duty for 15 months following completion of their initial training. After the active duty period, Sailors are transferred to the selected reserve for the remaining 24 months of their military service obligation. But many Sailors, like Pollio, end up liking the Navy, and elect to stay in active service.

"When my active duty time was up, I wanted to re-enlist," said Pollio. "They were pushing everyone to the reserves, and I really had to put up a fight to stay on active duty."

Pollio's efforts produced a

positive result. He re-enlisted for an additional four years of active duty on June 22nd.

His outstanding work ethic and professionalism, in addition to a will to succeed in all of his endeavors, have made Pollio a true asset to the USS Carl Vinson supply team.

"He's a good worker; always willing to help," said Culinary Specialist 1st Class (SW) Javier Bayer, assigned to USS Carl Vinson. "When there's something to do, he doesn't complain. He just makes it happen."

Originally from Pittsburgh, Pollio enjoys skateboarding and spending time with his family. His grandfather also served as a culinary specialist in the Navy. Pollio plans to continue his education by earning an associate's degree in communications and advancing in rate as quickly as



Photo by MCSA Candice Villarreal
Petty Officer David Pollio poses for a photo.

possible. He said he enjoys being part of the Navy family, and plans to retire after 20 years of service to his country.

"I'm staying in as long as I can," said Pollio. "I'm not leaving until they tell me it's time to go."



Midway Survivor Address



In commemoration of the Battle of Midway's 65th anniversary, retired Lt. Cmdr. Otis Kight, a survivor from USS Yorktown (CV 5) during the Battle of Midway, addressed USS Carl Vinson's (CVN 70) crewmembers June 28, at a special ceremony held on the ship.

"One of MCPON's guiding principles is heritage," said Master Chief Machinist's Mate (AW/SW) Calvin Watson Jr., executive assistant to Command Master Chief

(AW/SW) Glenn Mallo. "There's no better way to learn about our Navy than to bring in somebody who played a role in such an important event as Midway."

With the attention of his listeners, Kight was all smiles during his speech, giving advice to Carl Vinson's Sailors both young and old.

Quoting the best advice given to him, Kight said, "You are the most important person in this command. If you weren't,

then you would not even be here."

In addition to sharing words of wisdom and experience during the celebration, Kight compared Sailor's roles with teamwork to a 'domino effect.'

"You and me, we're all dominoes," said Kight. "Every single thing we do will have an absolute effect on somebody down the road. Maybe not for one, two, or five years, but it will happen."

Making a statement about effectiveness led to Kight's next point.



es USS Carl Vinson Crew

Story and Photos by USS Carl Vinson Media Department



"Always be prepared," Kight said. "Don't only know your own job inside and out, but know your shipmates' jobs as well. I do two things every day. First, I wake up and make sure that I'm alive. Second, I remind myself where all the fire extinguishers and exits are located."

Kight spent 30 years in the Navy and experienced the sinking of USS Yorktown, being shot down over foreign seas, and fighting fire aboard USS Forrestal (CV 59).

In his closing comments, Kight verified his confidence in not only where the Navy has been, but where it is going.

"I'm favorably impressed with today's standards," Kight said. "Today's Sailor requires so much more knowledge to complete their job than we ever did, back in the day."

In his honor, Kight was presented with a ship's coin, a USS Carl Vinson photo

album, a wood carrier-shaped plaque, and was also named an honorary USS Carl Vinson Mustang by Lt. Cmdr. Paul Shields, assistant supply officer and president of USS Carl Vinson's Mustang Association.

The event ended with Carl Vinson Sailors gaining an increased appreciation for Naval Heritage, and for the prominent role aircraft carrier Sailors played in naval battles during World War II.



PTS Program Helps Secure 'Gold Eagle' Sailors' Future

Story by MCSA Philip Schrickel

Command Career Counselors assigned to the Nimitz class aircraft carrier USS Carl Vinson (CVN 70) have been making a concentrated effort during the months of June and July to reach out to first-term Sailors, and educate them about retention options available through the Navy's perform to serve program (PTS).

"Perform to serve is a system that weighs retention for first-term Sailors based on their performance," said Information Technician 3rd Class Dustin Cercado, a member of USS Carl Vinson's career counseling team. "It also ensures the right Sailors get to the right jobs, because Sailors can elect to change their rates for increased chances for advancement."

The PTS program is designed to assist the Navy's manning level by converting Sailors

from an overmanned rate to an undermanned rate; better known as career re-enlistment objectives.

All first-term Sailors must submit a PTS application 15 months prior to the end of active obligated service (EAOS), or projected rotation date (PRD).

Once the application is submitted through the Navy's PTS system, it will analyze all Sailors in a given rate; and pick the highest performing Sailors to stay in that rate, and recommend other personnel for conversion.

From the efforts of command career counselors, Sailors aboard Carl Vinson are beginning to realize the advantage of the PTS program, and understand what it can do to right-size the Navy's enlisted force and maximize opportunities for more advancement.

"This is a really great program," said Cercado. "We've helped a lot of Sailors here on Vinson to

stay in the Navy, and get into the jobs that fit their skills."

Carl Vinson's career counselors said that PTS is the most seamless and streamlined way for Sailors to convert to another rate of their choice.

"One advantage for Sailors is that they can apply for a 'conversion only' option and request to convert to another rate via PTS," said Chief Navy Career Counselor (AW/SW) Jeff Sabia, USS Carl Vinson's command career counselor office leading chief petty officer. "This is an easy process for the Sailor to obtain a conversion."

PTS also identifies marginal performance by Sailors. If a servicemember has a repeated sub-standard performance on periodic evaluations, they may be denied re-enlistment and be processed out of the Navy.

Sailors can learn more about PTS by referencing MILPERSMAN 1440-060, or speaking with their command career counselors.

Team Vinson Star Performers of the Week

MCSA Nina Hughes



Media

On board seven months

West Palm Beach, Florida

As a staff writer for USS Carl Vinson's Media Department, Seaman Apprentice Nina Hughes writes articles to document newsworthy events. In addition, she is an integral part of the process of putting together the USS Carl Vinson Gazette.

"I enjoy working on the Gazette because I know the whole ship will see something I have put a lot of work into. It really makes me feel like I've accomplished something."

Ron Staff



X75

Worked at NGNN for ten years

Wyoming, Pennsylvania

Ron Staff is the Senior Engineering Analyst for the X75 division. His job requires him to get the various materials used during the RCOH period identified and shipped to the right people. He works behind the scenes to fix material and management problems so the other divisions don't have to.

"I fix problems before they become bigger. It's a challenge, but that's what I enjoy about my job."

Team Vinson Star Performers of the Month

AO3 Tristan Gilbert



AIMD/LIFAC

On board four years and six months

Cook, Minn.

Petty Officer Gilbert is a Weapons Locker Tech. His job entails rehabilitating and reworking all of the ordnance and flight deck lockers. Instead of buying new ones, Gilbert and his team are rebuilding them and saving the Navy approximately 800,000 dollars.

"I've been on the ship a long time, and it has taught me many lessons and given me a tremendous amount of experience."

Charles David Jack



X-43

Worked at NGNN for 27 years

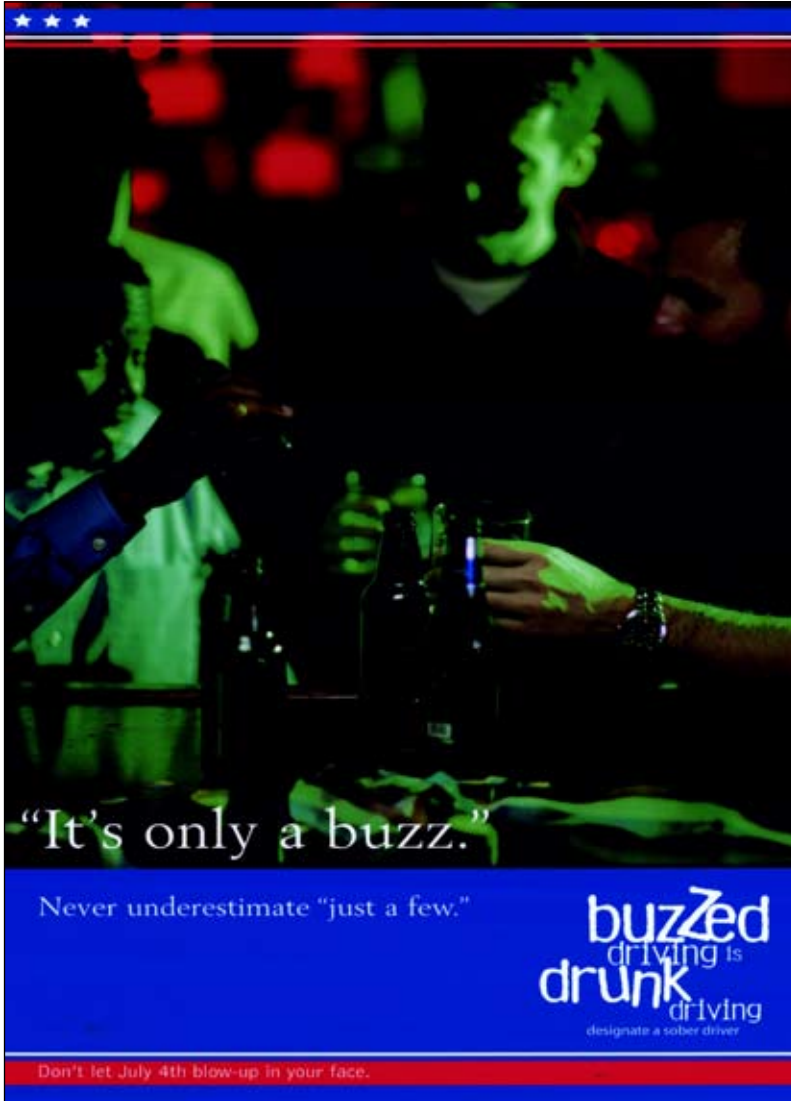
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Jack primarily reinstalls the main feed pumps aboard USS Carl Vinson. Jack works independently and requires very little supervision to get his tasks done proficiently and timely.

"Every day is a new challenge. I just constantly try to become better at my job, to become more efficient."



This Week Aboard USS Carl Vinson ...



Briefly Speaking

Proper Protective Equipment

Ensure while transiting throughout the ship you wear your proper protective equipment (PPE) at all times.

Congratulations to the following Sailors who achieved their warfare qualification.



MMCS (SW/AW) George Daniels MM1 (SW/AW) Michael Fozzard

MA2 (SW/AW) Kristin Liekhus SH3 (SW/AW) Jannell Williams



Photo by MC3(AW/SW) Myriam Padilla

The Island and superstructure of USS Carl Vinson stands with scaffolding at its new pier location at Northrop Grumman Newport News shipyard. USS Carl Vinson is at the midway point of its scheduled 40-month refueling complex overhaul (RCOH).

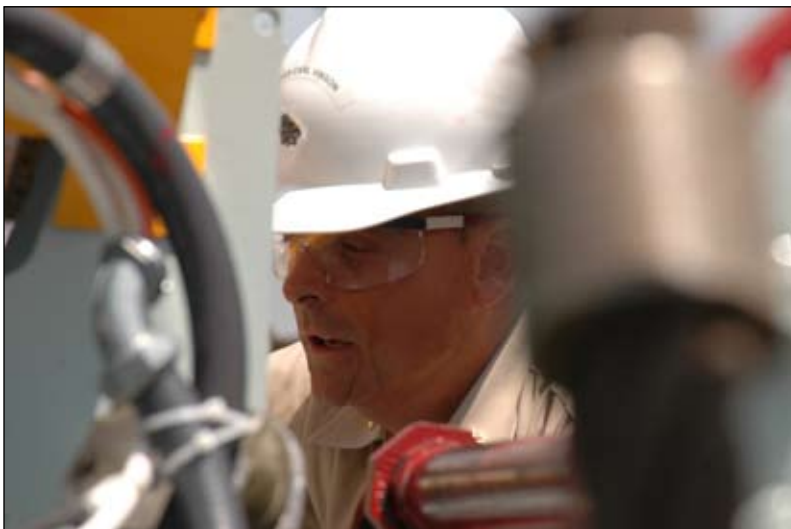


Photo by MC3 Matthew Campbell

Lt. Cmdr. Charlie Huntington inspects a piece of flight deck equipment as part of routine maintenance on systems.



Fleet Around the Globe!!!

Come join USS Carl Vinson's fitness team and race across the globe against the other ships in the fleet. Participants may use treadmills, elliptical cross trainers, and upright exercise bikes.

To sign up and get an individual tracking log, please contact Melissa Burns at fitboss@cvn70.navy.mil.

Tennis Clinic is back!!!

Sailors have the chance to sign up for the second session Tennis Clinic starting July 11. This event will be held every Wednesday. Sign up in the MWR Office on the FAF for your chance at some Summer fun!

Group Fitness Classes!!!

Group Fitness Classes will be held Monday through Friday at both 6:00 a.m. and 1:30 p.m. everyday at the Huntington Hall Gym! Classes include kick boxing, step, power pump, and sculpting!

Kings Dominion Salute!!!

Kings Dominion is presenting their Star Spangled Salute to the Armed Forces July 3. For \$29.95 you will receive an all day admission including Water Works and an All-You-Can-Eat Picnic!

Ocean Breeze Water Park!!!

MWR has cheap tickets to Virginia Beach's only water park. Adult one day admission tickets are only \$17 (usually \$21.95), and children for \$12 (usually \$15.95). Come by the MWR Office today to pick up your tickets to water fun!

Carl Vinson Sports Day!!!

USS Carl Vinson Sports will be held Thursday, July 5, and Friday, July 6. Come out, have fun, and make your department proud.